



**“There were days when I thought
I’d never be myself again.”**

—Jimmy Brown, Firefighter

Real Men. Real Depression.

“My daily routine was shot. I didn’t have the energy to do anything. I got up because the dog had to be walked and my wife needed to go to work. The day would go by and I didn’t know where it went. I wanted to get back to normal. I just wanted to be myself again.” Depression is a real disease that can be successfully treated. For more information, call 1-866-227-6464, visit www.nimh.nih.gov, or contact your health care provider.

**It takes courage to ask
for help. Jimmy did.**



NIMH
National Institute
of Mental Health

National Institutes of Health